

Workshops

Monday Workshops, 2:15 – 4 p.m.

Hedge Your Bet:

Emergency Planning and the Disability Community

Are you prepared for an emergency? Eighty Indiana counties were declared disaster areas in the 2008 tornadoes and floods. Is your community prepared to meet the needs of citizens with disabilities in an emergency? Is your family? This workshop will give you information that will help you, your community and your organization become better prepared for emergencies.

Successful Negotiation: Getting to Win-Win

Do you feel that someone is continually taking advantage of you? Do you struggle to get what you want from people whose help you need, but over whom you have no direct authority? If so, you may need to brush up on your win-win negotiation skills. Effective negotiation helps you to resolve situations when your desires conflict with what someone else wants. The aim of win-win negotiation is to find a solution that is acceptable to both parties and leaves both parties feeling that they've won.

Finding Your Cha-Ching: Employment and Careers

Learn strategies for getting to the dream of employment and have some fun at the same time! This session is designed to provide information, tools and motivation to people seeking employment and those who are supporting them. All attendees will actively participate. We will look beyond obstacles to opportunities to discover your ideas for interesting work.

Return on Investment:

Choose a Healthy Lifestyle, Part 1

Good nutrition is a key component to increasing your energy level and feeling and looking your best. Learn about a healthy diet, techniques to get the most out of your food budget, and some tasty, healthy and affordable menu ideas.

AmeriCorps Indiana

Help your community by becoming an AmeriCorps member and earn an education grant while you volunteer full or part time. A representative will be at the Conference to tell you about the program and answer your questions.

Monday Workshops, 4:15 – 6 p.m.

Exercise Your Options: Finding Affordable Housing

Home is more than a place to live. Finding affordable, accessible housing that meets your needs can be hard — especially for those with disabilities and older adults. This workshop covers accessible housing resources, how to influence affordable housing development, and new programs available for first-time home buyers and homeowners who need help to keep their homes.

Diversify Your Portfolio:

Planning for Your Child's Future

As the direction of Medicaid and SSI becomes difficult to predict and benefits often prove inadequate, it has become critically important for parents to plan for the future of their child or dependent with disabilities. This session covers legal issues, such as wills, special needs trusts and guardianship. It also covers financial issues, such as trust funding, Medicaid and SSI, as well as family issues, including letter of intent and family involvement.

Pathways to Prosperity:

Economic Strategies for Success

Financial fitness education is the key to building wealth — regardless of income. Learn to avoid common pitfalls with practical financial management and planning strategies to make the most of your income, savings and assets. Learn about a program for low-income people where you can save \$1 and be matched \$1 or more toward buying a house, attending school or starting a business!

Return on Investment:

Choose a Healthy Lifestyle, Part 2

Learn how to reduce stress through yoga. It is now common knowledge that techniques of Yoga Science are an asset to health maintenance and illness prevention. Breathing, relaxation, inner dialogue, meditation and other yoga practices can lower stress and lead to a lifestyle change.